WHAT IS CLAIMED IS:

1. An ink jet printing method, comprising the steps of:

A) providing an ink jet printer that is responsive to digital data signals;

B) loading said printer with an ink-receiving element comprising a support having thereon a continuous, coextensive, non-porous, swellable, ink-receiving layer comprising a hydrophilic polymer which is capable of absorbing and retaining an ink;

C) loading said printer with an ink jet ink composition comprising water, a humectant, a pigment and particles of a water-dispersible or water-soluble polymer; and finally

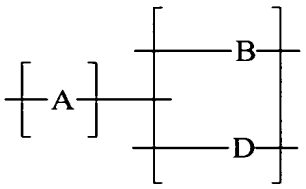
D) printing on said ink-receiving layer using said ink jet ink in response to said digital data signals.

2. The method of Claim 1 wherein said water-dispersible or water-soluble polymer comprises a polyester, a polyurethane or a polyacrylate.

3. The method of Claim 1 wherein said hydrophilic polymer is poly(vinyl alcohol), hydroxypropyl cellulose, carboxymethyl cellulose, hydroxypropyl methyl cellulose, a poly(alkylene oxide), poly(vinyl pyrrolidinone), or copolymers thereof, or gelatin.

4. The method of Claim 1 wherein said water-dispersible polymer comprises a polyester ionomer.

5. The method of Claim 4 wherein said polyester ionomer has the following general formula:



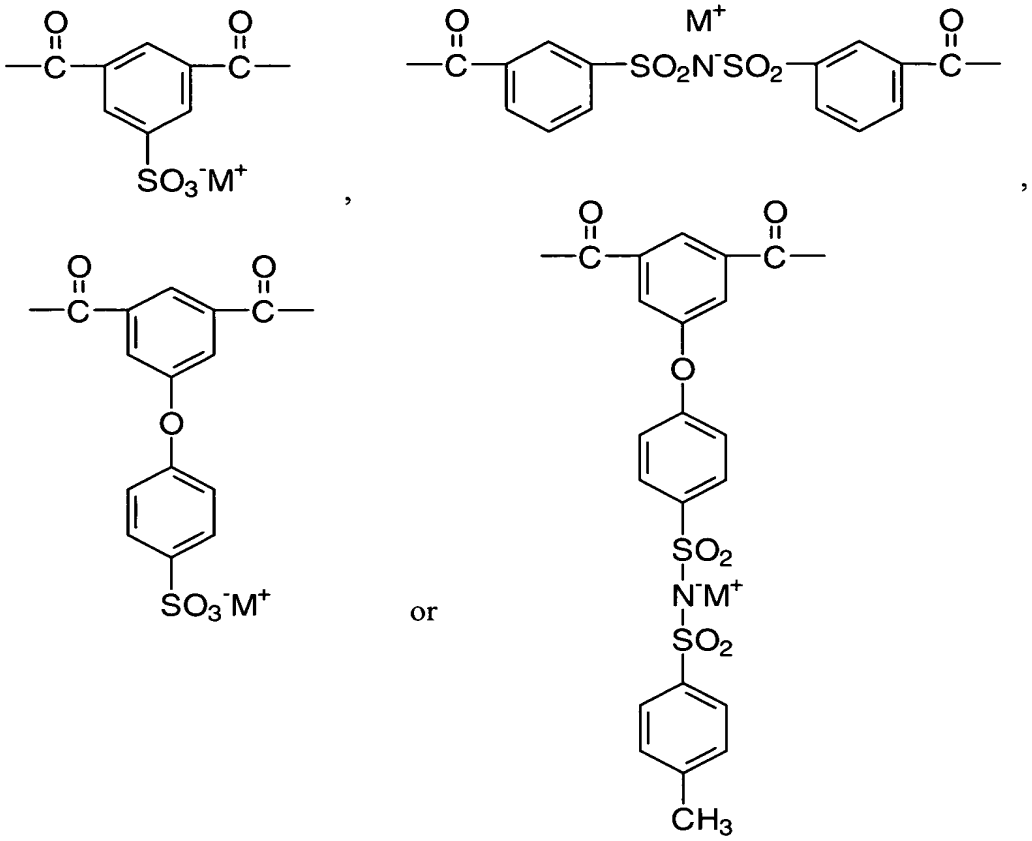
wherein:

A is the residue of one or more diol components which together comprise 100 mole % of recurring units and is represented by the following structure:

$$-O-(CHR_2CHR_3O)_m-R_1-(OCHR_2CHR_3)_n-O-$$

wherein:

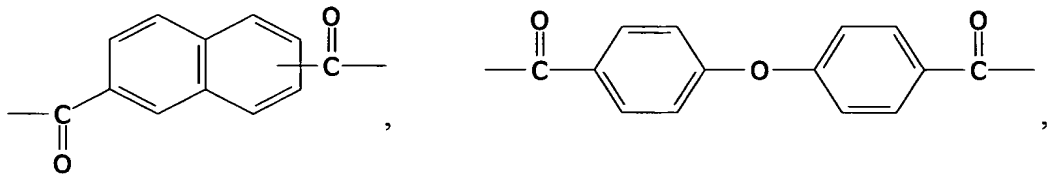
m and n independently represent an integer from 0-4; R_1 represents S, an alkylene group of 1 to about 16 carbon atoms; a cycloalkylene group of 5 to about 20 carbon atoms; a cyclobisalkylene group of about 8 to about 20 carbon atoms, a bi- or tri-cycloalkylene group of about 7 to about 16 carbon atoms, a bi- or tri-cyclobisalkylene group of about 9 to about 18 carbon atoms, an arenebisalkylene group of from 8 to about 20 carbon atoms or an arylene group of 6 to about 12 carbon atoms, a carbinol-terminated polydimethylsiloxane segment; and R_2 and R_3 each independently represents H, a substituted or unsubstituted alkyl group of about 1 to about 6 carbon atoms or a substituted or unsubstituted aryl group of about 6 to about 12 carbon atoms; B is the residue of a diacid component which comprises 8 to 50 mole % of recurring units and is represented by one or more of the following structures:

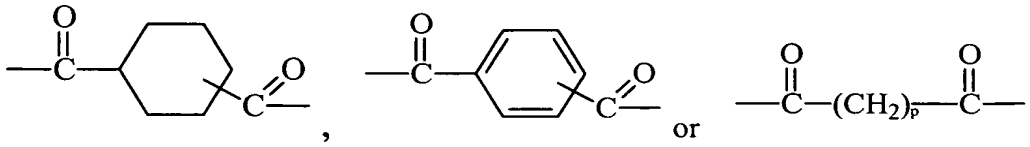


wherein:

M^+ represents an alkali metal; an ammonium group; a phosphonium group; a heteroaromatic ammonium group; a sulfonium group; a guanidinium group; or an amidinium group; and

D is the residue of a diacid component which comprises 50 to 92 mole % of recurring units and is represented by one or more of the following structures:





wherein p represents an integer from 2 to 12.

6. The method of Claim 1 wherein said particles of said water-dispersible or water-soluble polymer have an average diameter of less than 0.25 μm.

7. The method of Claim 1 wherein said particles of said water-dispersible or water-soluble polymer comprises from about 0.1% to about 10% by weight of said ink.

8. The method of Claim 1 wherein said particles of said water-dispersible or water-soluble polymer comprises from about 0.5% to about 5% by weight of said ink.

9. The method of Claim 1 wherein said water-dispersible or water-soluble polymer has a T_g in the range of from -20° C to 100° C.

10. The method of Claim 1 wherein said water-dispersible or water-soluble polymer has a T_g in the range of from 0° C to 80° C.

11. The method of Claim 1 wherein said pigment is C.I. Pigment Blue 15:3, C.I. Pigment Red 122, C.I. Pigment Yellow 155, C.I. Pigment Yellow 74, bis(phthalocyanylalumino)tetraphenyldisiloxane or C.I. Pigment Black 7.

12. The method of Claim 1 wherein the surface of said ink-receiving element has a 20° specular gloss of from about 5 to about 100.

13. The method of Claim 1 wherein said pigment is bis(phthalocyanylalumino)tetraphenyldisiloxane.

14. The method of Claim 1 wherein said ink jet ink composition contains a dispersant for said pigment.